

Essential Information

Please tell us about any medical conditions or additional needs that your child may have. e.g. asthma, epilepsy, autism, sight, hearing etc.

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I have read and understood the information, I have checked my child's cycle is roadworthy and I understand that I am responsible for it being roadworthy for all training sessions.

I understand that my child will be trained on the public road, will wear a high visibility top and will be supervised at all times.

Signed

Date



Bikeability

Bikeability training is the Cycling Proficiency Test for the 21st century, designed to give children the skills and confidence to ride their bikes on today's roads.

There are three Bikeability levels:



Level 1 - introduces basic skills in a traffic free environment.

Level 2 - develops safe riding techniques on quiet roads but with real traffic conditions.

Level 3 - enables riders to cope with all traffic conditions and is taught on busy roads.

Further Information

To find out more about Bikeability Courses in Bristol please contact Bristol Road Safety email: road.safety@bristol.gov.uk www.bristol.gov.uk/roadsafety

For Bikeability www.bikeability.org.uk

For cycling in Bristol www.betterbybike.info

For learn to ride & inclusive cycling in Bristol www.betterbybike.info/familycyclingcentre

If you would like this information in a different format, for example, Braille, audio CD, large print, electronic, BSL DVD or community languages, please contact us on 0117 922 4383.



Level 2

Bikeability Intermediate Cycle Training



Course Details

A course designed to develop “on-road” skills and safe riding techniques. The aim of the course is to enable children to make short local cycle journeys e.g. from home to school. This training takes place during school time, generally over five 90 minute sessions.

Preparing for the training

Each child attending the course must be able to ride a bicycle (have good control and balance). It

is essential that you ensure your child’s bike is roadworthy before taking part in this course. If you are unsure how to fix any faults then please seek advice from a bike shop. Instructors cannot train any child whose bike, riding or behaviour is deemed unsafe.

Taking Part

Please return the completed form to school.

Frequently Asked Questions

Who are the Instructors?

All of the Bikeability team are fully accredited national standards cycle instructors. There will be two instructors per course, working with a group of 12 pupils.

My child has only recently learnt to cycle without stabilisers, will this course be suitable for them?

Probably not, if they have only just learnt to ride it would be better to allow them a few months to develop their riding skills and confidence before signing them up for a level 2 course. They may benefit from taking part in a level 1 course first.

My child hasn’t already done Level 1, can they still take part in Level 2?

Yes, level 1 skills are covered as part of level 2 during the playground cycle check session.

What happens if my child is absent or forgets to bring their bike?

This is an intensive course and trainees need to attend all training sessions. If they miss a session they are unlikely to be able to complete the course successfully.

Does my child need any special equipment to take part?

No, all they need is a bike and clothing suitable for cycling in the weather on the day (school uniform is usually fine, although girls may find trousers easier to cycle in than skirts). Bristol City Council strongly recommends wearing a correctly fitted helmet. High Visibility tabards will be provided for each pupil for all on road training.

What if it’s raining, do you still go out?

Yes! Please bring a waterproof coat.

My child has special needs, can they still take part?

Most children with special needs will be able to undertake the training with their peers and the training can be adapted to suit the needs of the individual. Please contact us to discuss individual requirements in advance.

Which roads are used for training?

Instructors will use a variety of carefully chosen roads in the local area. These roads are usually fairly quiet residential streets near to the school.



Parent/Guardian Consent Form

Child’s Name:

Age: Male/Female

School:

Class:

Your Name:

Do you go cycling as a family? YES NO

Has your child previously taken part in Bikeability level 1? YES NO

Please visit:
www-bristol.cycletms.com to see our privacy notice explaining how we use your data.

Continued overleaf